

Westminster Senior Center Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

March 2010

(714) 895-2878



SENIOR OF THE YEAR NOMINATIONS

It is time again to select the one person whom you believe best meets the following criteria for the honor of receiving the “**Senior of the Year**” Award for the last year. Pick up your nomination form on the table in the Lobby and return it by the deadline of Friday, March 26th.

All Westminster Senior Center participants, ages 55 and older, are eligible to choose a senior to be nominated. The person should have contributed the most to the leadership, service and welfare of seniors during the previous year. Each nomination form must be signed, and you can only nominate one person, one time! Think carefully before you write the reasons for your nominations, as the judges pay particular attention to WHY your candidate is special.

As in the former years, the judges for this selection are the previous winners of the “Senior of the Year” competition. The award will be presented on Wednesday, April 21st at the Volunteer Recognition Party.

PREVIOUS SENIORS OF THE YEAR

MARIO SEDA	2001
LEAH DAWSON	2002
ELEANOR PARSONS	2003
PAULINE PUGLIA	2004
FREDDIE RYBACEK	2005
ADDIE BALCOM	2006
TOMMY SCHOCH	2007
MARY WYNN	2008
JIM MCBREARTY	2009

Westminster Senior Services Team

MAYOR & CITY COUNCIL DEPARTMENT LINE

(714) 5483240

Margie L. Rice

MAYOR

(714) 548-3183

Frank G. Fry

MAYOR PRO TEM

(714) 548-3179

Tyler Diep

COUNCIL MEMBER

(714) 548-3181

Andy Quach

COUNCIL MEMBER

(714) 548-3182

Tri Ta

COUNCIL MEMBER

(714) 548-3179

Donald D. Lamm

CITY MANAGER

(714)548-3172

Greg Johnson

COMMUNITY SERVICES DIRECTOR

(714) 895-2860

Diana Dobbert

ASSISTANT COMMUNITY SERVICES DIRECTOR

(714) 548-3665

★ Please Note: The City of Westminster now has an updated phone system; some numbers remain the same; others have changed.

COMMISSION ON AGING

Chair-Vince Agor	(714) 897-6252
Commissioner-Nora Barajas	(714) 893-3708
Commissioner-Phillip Hodgetts	(714) 847-4165
Commissioner-Jerry Meade	(714) 893-2865
Commissioner-Vince Petronzio	(714) 897-6261
Commissioner-Ginger Waugh-Borden	(714) 897-4644
Alternate-Erwin Vysma	(714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff

(714) 895-2878

Senior Services Supervisor - Claire Hutchinson

Nutritionist Maribel Avilez

Secretary - Sherrie Machuga

Receptionist - Ivy Gimondo

Clerk Typist - Joy Williams

Transportation Coordinator - Bea Pratte

Van Drivers - John Conrekas, Bertha Lara

and Clarey Mercer

Health Care Nurse - Jane Hannah

Project S.H.U.E. Director-Susana Delgado

Senior Center Intern-Amber Julian

We are on the Web!

This monthly newsletter,
The Senior Center Spotlight,
is now available on the City Website:

www.ci.westminster.ca.us,

Departments, Community Services, Senior Services.

Emergency & Business
Telephone Numbers

Emergency Number	911
Police	(714) 898-3315
Fire	(714) 744-0400
Elder-Abuse	1(800)451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714)898-9648
Library	(714)893-5057
Medi-Cal	(714) 741-7100
Social Security	1(800)772-1213
Ombudsman	(714)479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center



Health Talk: “Stroke Prevention”

Wednesday, March 3rd

11:00-11:30 a.m.

Dining Room

Presented by Jane Hannah , R.N., P.H.N.

*Sponsored by: Adult Public Health Nursing Services
and the Orange County Health Care Agency.*

Topics to include:
Causes, Symptoms, Recovery & Rehabilitation

Diabetes Education & Support Group

“Diabetes and Your Eyesight”

Wednesday, March 17th

12:30 p.m.-2:00 p.m. in Room 1

Topic:

- ♦ **Sight-threatening eye problems that people with diabetes may develop.**

- ♦ **Protect your eyes.**

Presentation given by: Jane Hannah RN, PHN

*Sponsored by: Adult Public Health Nursing Services,
and the Orange County Health Care Agency.*



Information on Medical will be discussed.



“May the hinges of our friendship never grow rusty.”

An Old Irish Toast

Senior Center Programs

Senior Citizens Advisory Council Meeting

FRIDAY, MARCH 12TH, 2010 AT 9:00 A.M.

**The Westminster Senior Center is proud to
Host the March 12th, 2010 SCAC meeting.**

The Senior Citizens Advisory Council (SCAC) advises the Orange County Board of Supervisors and the Office on Aging on matters affecting older adults in Orange County. SCAC also networks with service providers and advocates on behalf of older adults. Structure: The council consists of 40 volunteer citizens who include local elected officials, service providers, advocates and many other stakeholders.

TOPIC: Cancer Control Program of the Asian American

Interested in Senior Issues? Attend the SCAC Meeting

2009 Income Taxes Seniors 60+

Come and have your income tax forms filled out FREE of charge from our experienced and knowledgeable volunteers. This service will be available every Wednesday from 8:30 a.m.-11:30 a.m., beginning February 3rd, 2010 and concluding April 14th, 2010. Appointments can be made as of January 4th, 2010. Come into the Senior Center or call us at (714) 895-2878 to make an appointment.

Remember to bring the following :

- Copies of last year's (2008) tax returns, both Federal and State.
- IRS and State Booklets
- Wages and other income received.
- Records of interest-1099 INT Forms
- Records of dividends-1099 DIV Forms
- Pensions, IRA, Annuities, Social Security



From the Director's Chair

It's hard to believe Spring is just around the corner. It has been a rainy season which is good for our water supply and great for our roses. Be sure to enjoy the roses around our Center once they are in bloom.

St. Patrick's Day: We will be having our St. Patrick's Day party on **Wednesday, March 17th** in the **East/West Room** beginning at **11:00 a.m.** Our entertainment will be **Tony Odell Rogers**. Please make your reservations at the Front Desk. Tickets are going quickly.

The Westminster Senior Center will host the **Senior Citizens Advisory Council (SCAC)** Meeting on **Friday, March 12th** in the **East/West Room** at **9:00 a.m.** Everyone is welcome to attend and the topic will be "**Cancer Control Program of the Asian American.**"

Students from **Westminster High School** will be here on **Thursday, March 25th** from **10:00 a.m. -12 noon** to help anyone with their cell phone questions. Be sure to bring your phones charged and have your questions ready for the students.

The **Silent Auction** will be held from **Tuesday, April 13th -Thursday, April 15th**. We are now accepting donations for the Auction. Please bring any new items that you have never used or "gently" used. We appreciate all items that are donated but please understand we may not be able to use them all and may use them for something else here at the Center.

Volunteer Recognition and "Senior of the Year" announcement will be made on **Wednesday, April 21st**. Volunteers who have helped throughout 2009 for 50 hours or more will be invited to this event. Everyone is encouraged to participate in choosing the "**Senior of the Year.**" The choice will be someone who has been a good example of positive aging by contributing to the leadership, service and welfare of seniors. The ballot box and nomination forms will be in the Senior Center Lobby starting Monday, March 15th. If you have any question about the event, be sure and ask a staff member.

CLAIRE

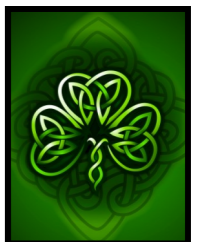


SIGN-UP NOW FOR OUR ST. PATRICK'S DAY PARTY

**WEDNESDAY,
MARCH 17TH
11:00 A.M.**

EAST/WEST ROOM
Donation: \$3.50 per person
R.S.V.P AT THE FRONT DESK

(Tickets are going fast!)



Senior Center Programs



Lunch Is Served

Monday-Friday at 11:45 a.m.

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

-You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.

-After three “no shows” you will be taken off the transportation program.

-Be ready to walk out the door when it is pick-up time from your home. (There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from home to Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:

NO SHUTTLE SERVICE ON FRIDAYS
Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.

Mondays, Wednesdays & Fridays

Thanks to our March 2010 Callers:

3/1-Mary Pagano	3/17-Rich Sowiak
3/3-Bill Grudzien	3/19-Sue Wolff
3/5-Dorothy Siebert	(9:30-11:15)
(9:30-11:15)	3/22-Kim Ward
3/8-Kim Ward	3/24-Dollie DeRobbio
3/10-Dollie DeRobbio	3/26-Sue Wolff
3/12-Dorothy Siebert	3/29-Rich Sowiak
(9:30-11:15)	3/31-Max Hebert
3/15-Bob Munn	

??? Cell Phone Help ???



Need some help figuring out how to program your cell phone?

Come get some help:

Thursday, March 25th

10:00 a.m.-12:00 noon

Students from Westminster High School will be at the center to answer your cell phone questions!

“May your thoughts be as glad
as the shamrocks,
May your heart be as light
as a song,
May each day bring you
bright, happy hours,
That stay with you
all the year long.”



Irish Blessing

DAY TRIPS

PALA Indian Casino

Tuesday, April 13th, 2010

A true LAS VEGAS style casino! Deluxe Motorcoach!
\$5 in Slot Play upon arrival.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$17.00

“Footloose” The Musical

Thursday, May 6th, 2010

“Let’s hear it for the boy!” Based on the hit ‘80’s movie, “Footloose” has become a stage music phenomenon. From Broadway to the West End, there is just no stopping the music! Enjoy shopping and browsing before the show! Lunch at the Canyon Grille included!

Depart: 9:30 a.m.

Return: 5:00 p.m.

Cost: \$79.00



Casino Hop Mystery Trip ???

Thursday, May 20th, 2010

Two beautiful casinos (that you have not visited in a long time) plus a free lunch buffet at the locals favorite spot! A fun-packed day for everyone.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$44.00

Pageant of the Masters

Wednesday, July 14th, 2010

This year’s theme is “**Eat, Drink and Be Merry**”, highlighting the timeless masterpieces that have captured and enhanced the exhilaration of good times and , even more remarkable, buoyed spirits when times were hard. Price includes show & transportation. *Note: Includes walking and stair climbing.*

Depart: 5:00 p.m.

Return: 11:30 p.m.

Cost: \$55.00



San Manuel Indian Casino

Tuesday, June 29th, 2010

All NEW \$350 Million Dollar Casino! 2000 State-of-the-Art Slot Machines! 99 Poker & Blackjack! \$10 back in Slot Play OR Food.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

OVERNIGHT TRIPS

Stateline Special to Buffalo Bill’s

March 22nd-23rd, 2010 *Rates are lower than 2009!



Package includes **2 DAYS, 1 NIGHT** at Buffalo Bill’s Hotel and Casino. 2 FREE Buffets & Baggage Handling. **(MONDAY-TUESDAY)**

Depart: 8:00 a.m.

\$52 p/p Double Occupancy

Return: 6:00 p.m.

\$66 Single Occupancy

Laughlin-Riverside Hotel & Casino

June 13-15, 2010

\$87 p/p Double Occupancy

(Sunday-Tuesday)

\$107 Single Occupancy

Includes 3 days/2 nights.

Plus a “Laughlin Funbook”, including three 2 for 1 meal coupons at local casinos, along w/ 2 for 1 drinks, appetizers, Boat Cruise and much more.

Baggage Handling & Driver’s Tip included.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Yosemite Tour-Amtrak & Motorcoach

June 21-23, 2010

\$399.00 p/p Double Occupancy

(Monday-Wednesday)

\$520.00 Single Occupancy

3 days/2 nights.

Tour Price Includes:

Round Trip Amtrak: Bus transfer to Bakersfield to meet Amtrak in Fresno
Tour Motorcoach & 2 nights at Chukchansi Gold Resort Casino
Located close to Yosemite National Park
\$20.00 Food Coupon & \$20.00 Slot Play
Yosemite National Park (Day in the Park)
Yosemite Valley Floor Tour (2 hours) Itinerary available at Front Desk



*The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.
The tip for the bus driver is included in the price.*

Senior Center Classes

****Adult Fitness (Chair Exercises)**
A mildly aerobic, chair/standing exercise class to music that will stretch and strengthen muscle groups and includes aspects of balance.

Day	Time	Instructor
Tuesday	10:00 a.m.-12:05 p.m.	M. Masters
Wednesday	10:00 a.m.-12:05 p.m.	M. Masters

****Beginning (Chair) Fitness**

Day	Time	Instructor
Tues./Thurs.	12:30 p.m.-1:35 p.m.	M. Masters

****Balance & Mobility**
A preventive class for Seniors at risk for falling; must meet entrance criteria, requires doctor’s clearance, medical history and balance evaluation before enrollment.

Day	Time	Instructor
Tues./Thurs.	8:45 a.m.-9:45 a.m.	M. Masters

Bridge

Day	Time	Instructor
Mon./Thurs.	12:15 p.m.-3:00 p.m.	Group

Bunco

Day	Time	Instructor
2nd & 4th Wed. of each month	12:30 p.m.-3:00 p.m.	D. Vorono

Beginning & Intermediate Computer Classes
PLEASE NOTE: Applicants start by filling out forms at the Front Desk. Instructors will contact potential students with the new schedules.

Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.-11:30 a.m.	K. Hillhouse
Tuesday	12:30 p.m.-3:00 p.m.	B. Ault

Beginning Computer Class

Day	Time	Instructor
Tuesday	9:00 a.m.-11:30 a.m.	A. Spisak
Wednesday	2:00 p.m.-4:30 p.m.	D. Davis

Creative Crafts

Day	Time	Instructor
Thursday	9:00 a.m.-11:30 a.m.	M. Loth

***Dance Aerobics**

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.-2:30 p.m.-Level 4 (Closed-Waitlist)	J. Camarena
Thursday	9:00 a.m.-10:30 a.m.-Level 2	J. Camarena
Thursday	10:30 a.m.-12:00 noon-Level 3	J. Camarena
Thursday	3:00 p.m.-4:30 p.m.-Level 2/3	J. Camarena

Longevity Stick
Longevity Stick is a Vietnamese form of exercise involving slow movement and stretching. If you have questions, please call (714) 895-2878 ext.482.

Day	Time	Instructor
Monday	9:00 a.m.-10:00 a.m.	D. Allison
Thursday	9:00 a.m.-10:00 a.m.	M.Bac Dau

***Low Impact Aerobics 1**

Day	Time	Instructor
Monday	1:00 p.m.-2:15 p.m.	N. Jaeger

***Low Impact Aerobics 2**

Day	Time	Instructor
Tuesday	10:45 a.m.-11:45 a.m.	J. Camarena

Mah Jongg

Day	Time	Instructor
Monday	10:00 a.m.-12:00 noon	Group

***Mental Gymnastics**

Day	Time	Instructor
Wednesdays	9:00 a.m.-11:30 a.m.	S. Fleming

***Stretch and Flex**

Day	Time	Instructor
Tuesday	9:30 a.m.-10:30 a.m.	J. Camarena

Sudoku

Day	Time	Instructor
Friday	10:30 a.m.-12:00 noon	M. Epstein

Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.-10:30 a.m.	L. Mo

Yarn Spinners

Day	Time	Instructor
Mon./ Wed./Fri.	9:00 a.m.-12:00 noon	G. Borden

***Yoga for Health-4/21-6-28**

Day	Time	Instructor
Monday	2:45 p.m.- 4:00 p.m.	J. Cruise

Please bring your i.d. with you when you attend the Senior Center.

Please Note: ALL Huntington Beach Adult School classes are now **Fee-Based**.
**Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4405)*

****Coastline Community College Classes are offered at no cost. Pre-registration is advised.**
(for further info., call (714) 241-6184)


Spring Session for Coastline College & Huntington Beach Adult School is from April 12th through July 8th.

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. March Commodities will be on **Wednesday, March 10th**. If you live in Westminster and qualify as low income, please come between **8:00 a.m.-11:00 a.m.** Bring proper identification & plastic bag.

Driver Safety (formerly 55 Alive) - Classes are every other month on a **Thursday** and a **Friday** from **8:30 a.m.to 12:30 p.m.** The next class takes place on **April 1st & 2nd**.
NEW PRICING: The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.**

ATTENTION ALL VOLUNTEERS:
Come by the Front Desk and pick-up your copy of our New Guidelines for your volunteer hours on the Sign-In Sheet.



Now is the time to bring in your new or “gently used” items for our upcoming Silent Auction.

The Silent Auction will be held from Tuesday, April 13th through Thursday, April 15th.
Closing Bell rings precisely at 1:00 p.m.

Dinner Group



(Beach Blvd. at Garden Grove Blvd)
**Wednesday,
March 24, 2010 at 4:30 p.m.**
** Sign Interest List at the Front Desk*

MOVIES

Fridays at 9:15 a.m.

March 5th
“State of Play”
Russell Crowe, Ben Affleck
When his mistress is found dead, Congressman Collis tries desperately to protect his name and career while journalists uncover an intricate web of lies that stretches to the highest levels of power.
Runtime: 2 hours, 8 minutes
Rated PG (2009); Action

March 12th
“Up”
Edward Asner, Jordan Nagai
After a lifetime of dreaming of traveling the world, 78 year old homebody Carl is lured into an un unbelievable adventure, thanks in part to an 8 year old Wilderness Explorer.
Runtime: 1 hour, 36 minutes
Rated PG (2009); Animation

March 19th
“Butch Cassidy and the Sundance Kid”
Paul Newman, Robert Redford
Two legendary outlaws display their gifts for perfect timing and charisma as they pull off heist after heist.
Runtime: 1 hour, 50 minutes
Rated PG (1969); Classic

March 26th
“Rear Window”
James Stewart, Grace Kelly
A wheelchair-bound man becomes absorbed with the parade of life across the courtyard. A dancer, a lonely woman and a composer become like creatures in his voyeuristic zoo.
Runtime: 1 hour, 55 minutes
Rated PG (1954); Classic